

2001 California Dietary Practices Survey

Table 85: Percent Who Lost Weight and Maintained Weight Loss

Question: Do you consider yourself to be overweight, underweight, or about average for your height?

Have you ever lost weight and kept it off for one year?

What did you do to lose weight and maintain your weight loss?

	Percent Who Lost and Maintained ¹	Method, Percent ²			
		Dieting	Exercising	Both Dieting / Exercising	Neither Dieting or Exercising
Total	45	25	25	21	30
<i>Sex</i>					
Males	37 ***	30	27	15	28 *
Females	53	21	23	26	31
<i>Males</i>					
18 - 24	29	31	43	8	18
25 - 34	36	24	29	18	29
35 - 50	38	20	25	20	36
51 - 64	37	42	17	25	16
65+	51	49	19		32
<i>Females</i>					
18 - 24	47	11	45	26	18 *
25 - 34	50	18	28	28	26
35 - 50	63	15	18	35	33
51 - 64	63	28	13	13	45
65+	44	39	16	20	24
<i>Ethnicity</i>					
White	49 **	25	24	22	29
Hispanic	38	23	25	22	29
Black	32	18	42	9	31
Asian/ Pacific Islander	30	19	26	12	43
<i>Education</i>					
Less than high school	23 ***	20	27	6	47
High school graduate	44	26	29	15	30
Some college	53	23	19	24	34
College graduate	47	26	28	26	21
<i>Income</i>					
Less than \$15,000	43	22	28	16	35
\$15,000 - 24,999	46	24	31	15	30
\$25,000 - 34,999	42	24	35	14	28
\$35,000 - 49,999	44	30	25	20	25
\$50,000+	51	23	19	30	28
<i>Physically Active</i>					
Did not meet recommendations	41 *	25	23	18	35
Met recommendations	49	25	26	24	25
<i>Overweight Status</i>					
Overweight/Obese	47	20	39	14	27 **
Not overweight	45	27	19	24	30

¹ Out of those who consider themselves about average in Weight

² Out of those who consider themselves about average and maintained weight loss

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

* p<.05

** p<.01

*** p<.001